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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE · WASHINGTON, D.C. 20250

35TH YEAR

MAY 29, 1978

YOUR HOME AND TERMITES

A mature, well-established colony of 60,000 termites eat only a fifth of an ounce of wood a day. But--don't underestimate their potential.

Subterreanean termites are found in every state, except Alaska. They need warm air and moist conditions to live. They must maintain a direct link with the ground to stay moist unless leaking pipes or roof provide them with a nice wet home. Don't worry about the termites already in the wood--just cut off their access to moisture and they will die.

Drywood termites are found along the southern rim of the United States, especially in Florida, Arizona, California and Hawaii. They need no contact with the soil; they enter under shingles, through cracks in windows or eaves, or through screened-in vents in the attic. Some enter the home in infested furniture. Once they've gained entry, fumigation is the most effective way to eliminate them.

Think termites have infested your home? Look for:

- Earth tubes between the soil and some wooden structure under the house. (It's a sure sign.)
- Hollow wood underneath a finished surface.
- A pile of fecal pellets on the outside of the finished wood. Pellets resemble sawdust, but upon close examination they appear very symmetrical with six grooves along the side. (Con't. on back)

NUTRITION PROGRAM SET

Medical clinics participating in the supplemental food program offered by the U.S. Department of Agriculture to women, infants and children (WIC) will also be helping migrant farm worker families to learn about nutrition. Thirteen states will soon be trying out this new concept of reaching the families of migrant farm workers by making information available to them through the health clinics.

Five books of colorfully illustrated flip charts are available for use at the clinics. The 11 lessons in the series deal with such topics as eating habits during pregnancy and while breastfeeding; the importance of iron, calcium, vitamins A and C; and special dietary needs for infants and children. Additional take-home materials are also available to the migrant workers and their families. In most areas a person who can answer questions concerning better nutritional habits will also be available to encourage continued interest in family food patterns.

The original packet of nutrition education materials got its first test in Texas to determine the people's reaction to this kind of information and the manner in which it was presented. From this initial exposure and acceptance, the WIC nutrition information program may be expanded to include more states after the first year. Besides Texas, states now taking part in the project are Colorado, Iowa, Kansas, Missouri, Nebraska, North Dakota, Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin. (Con't. on back)

FOOD CLIPS

In buying fresh summer vegetables look to see there are no bruises or decay, say marketing specialists at the U.S. Department of Agriculture.

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Fresh vegetables marked "U.S. Fancy" are of premium quality. There are only a few vegetables packed in this grade. The chief grade for most vegetables is U.S. No. 1.

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There are three major groups of cabbage varieties: smooth-leaved green cabbage, crinkly-leaved green Savoy cabbage--and red cabbage. The Savoy and red cabbage are more in demand for use in slaws and salads, but any of the three may be used.

* * *

"New" cabbage usually means that it is fresh and has not been held in storage.

TERMITES (CON'T.)

--Termite wings on the window sill or the appearance of winged termites around home.

If you find or suspect termites, call a responsible pest control operator.

USDA's Forest Service has a new publication on termites called, "You Can Protect Your Home From Termites." Single copies are available free from the Publications Office, Southern Forest Experiment Station, Federal Building, 701 Loyola Ave., New Orleans, LA 70113.

ABOUT

YOU

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ME

Susan Bittermann, formerly with the Toronto Star is now a consumer reporter on the Miami (Fla.) Herald. She completed a Sloan Foundation Fellowship at Princeton before replacing Molly Sinclair at the Herald. Sinclair left the Herald for a Neiman fellowship at Harvard..... Penny Cummings, past president of the American Women in Radio and Television is now the PR person at the Sheraton Park Hotel in Washington, D.C...The 27th annual National Convention of American Women in Radio and Television will be held June 13-17 at the Los Angeles Hilton--also in June is the National Federation of Press Women's Conference at San Antonio, Texas on June 21-25 and American Home Economics Association meeting on June 26-30, in New Orleans, preceded by the Home Economics in Business meeting June 23-26.

NUTRITION PROGRAM (CON'T.)

The WIC program--currently serves more than 1 million women, infants and children--provides special foods and nutrition education to low income pregnant and breastfeeding women, infants, and children under five. Depending on age and nutritional needs, participants receive monthly food packages of cereal, eggs, cheese, juice and either milk or infant formula.

FREE PUBLICATIONS

While supply lasts, free, single copies of the following booklets are available from the Publications Office, GPA, U.S. Department of Agriculture, Washington, D.C. 20250.

"Beef and Veal in Family Meals,"
Home and Garden Bulletin #118

"Breads, Cakes and Pies in Family Meals."
Home and Garden Bulletin #186